

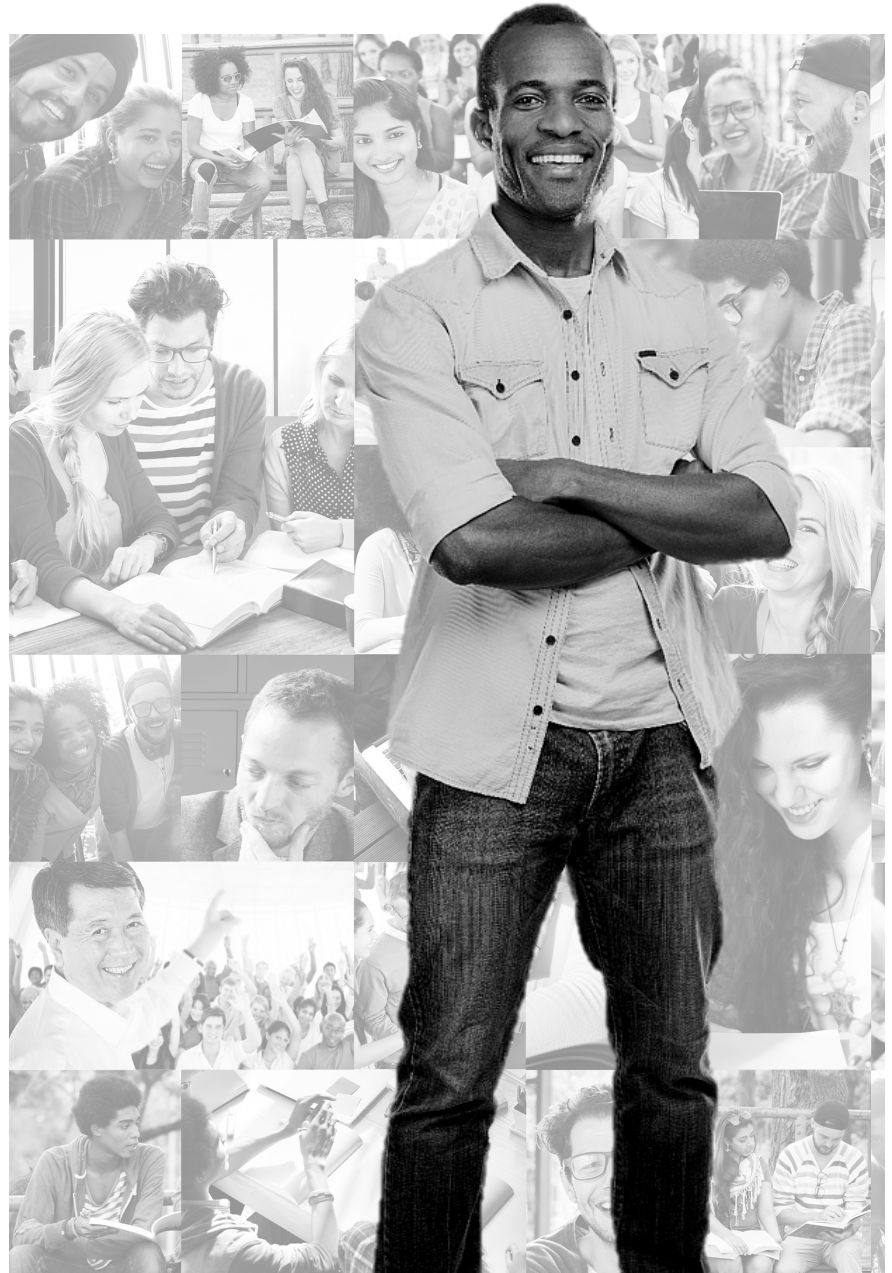
Youth Mental Health First Aid

Join the movement.

Sometimes first aid isn't a bandage, or CPR or calling 911. Sometimes, first aid is **YOU**.

A young person you know could be experiencing a mental health or substance use problem. **Learn an action plan to help.**

Anyone 18 or older can take Youth Mental Health First Aid, but it is recommended for those who regularly have contact with young people ages 12-18 - teachers, coaches, social workers, faith leaders and other caring citizens.



Take a course. Save a life.
Strengthen your community.

For more information, visit
www.MentalHealthFirstAid.org